IVE（屯门）学生物理治疗动作指导系统
夺房协乐龄科技设计比赛金奖

IVE (Tuen Mun) students win Gold Award at HKHS Gerontech Competition with elderly-friendly project

面对人口老化，愈来愈多乐龄科技涌现，以协助长者改善生活质素。IVE（屯门）软件工程高级文凭课程学生最近亦因应长者需要，运用科技及创新意念，为长者构思出物理治疗动作指导系统「自慧理」(Selfphy)，并于香港房屋协会举办的第二届「创科乐『耆』中」乐龄科技设计比赛中，夺得大专学生组金奖、「智」有创意大奖及最实「融」大奖。

系统除了利用文字、声音及画面，「指导」用家做出正确的物理治疗动作外，更透过人工智能分析用家的动作是否标准，让长者安在家中也可进行物理治疗。此外，系统亦会将相关数据储存至数据库，分析长者的健康状况，并会按时提醒长者进行治疗。今次已是IVE学生第二度于比赛摘冠，去年的金奖作品、IVE（柴湾）学生创作的「智能健身站」，更获房协应用于乐民新村内，推动长者友善小区。

The ageing population has given rise to the development of gerontechnology products aiming at enhancing seniors' quality of life. Seeing the rising future demand in physiotherapy, a group of students from IVE (Tuen Mun)'s Higher Diploma in Software Engineering Programme developed "Selfphy", a system providing step-by-step physiotherapy guidance, which has later won the Gold Award, Best Creativity Award and Best Application Award in the Tertiary Students Category of the 2nd Gerontech Competition organised by the Hong Kong Housing Society.

On top of the use of text, voice and pictures to show users the proper way of doing physiotherapy exercises, the system adopts artificial intelligence to detect whether users are doing the pose correctly, thus allowing seniors to receive physiotherapy at home. The programme also collects and stores users' data for health condition analyses and issues reminders on receiving therapy. This is the second time for IVE students to win the Gold Award of the competition. The Award winner last year, the "Outdoor Smart Fitness Station" by IVE (Chai Wan) students, is now among the various community facilities in Lok Man Sun Chuen, serving to promote elderly-friendliness in the district.